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Wichita Environment

Happy Thanksgiving

The holiday season is filled with family, friends, football, and the misery that comes with eating too much. As you prepare for this year's feast, keep in mind food safety first.

It all begins with thawing the food properly. Thaw your turkey in the refrigerator, not on your kitchen counter. Allow for 24 hours per 5 pounds of turkey. Frozen foods may also be thawed by microwave, under cold running water, or during the cooking process.

To stuff or not to stuff? The safest way to cook stuffing is separate from the turkey. Stuffing cooked inside or outside the turkey must be cooked to an internal temperature of 165°F. If you decide to stuff the turkey, mix the ingredients just prior to filling the cavity. Be sure to stuff loosely, so that proper cooking temperatures can be met.

Thoroughly cook the turkey to an internal temperature of 165°F. Use a sanitized thermometer in the thickest part of the turkey (the breast) to be sure the turkey has reached the proper internal temperature.

Approximate Cooking Times

Unstuffed		Stuffed	
<u>Size (pounds)</u>	<u>Cooking Time (hours)</u>	<u>Size (pounds)</u>	<u>Cooking Time (hours)</u>
8-12	2.75-3	8-12	3-3.5
12-14	3-3.75	12-14	3.5-4
14-18	3.75-4.25	14-18	4-4.25
18-20	4.25-4.5	18-20	4.25-4.75
20-24	4.5-5.0	20-24	4.75-5.25

If you have any leftovers, handle them with care. Turkey should be sliced or cut into small pieces. Don't leave food out at room temperature, refrigerate food in small shallow pans as soon as possible. Reheat all leftover food to 165°F or above within two hours. Leftover turkey and stuffing should not be kept for a long period of time, try to use within 4 days.

Have a Happy and Food Safety First Thanksgiving!



Discovery Boxes

The WATER Center is pleased to announce that their "Discovery Boxes" are now available. These education trunks, developed through a grant from the Environmental Protection Agency, include curriculum guides and hands-on materials appropriate for K-12th grade students. Groups interested in learning about water, groundwater, rivers and streams, wetlands, geology, and the Gilbert-Mosley Project can reserve these educational trunks for up to a two-week period. The materials in the boxes focus on pollution prevention, natural resources, field sampling, conservation, best management practices, and wildlife. For more information contact Libby Albers 268-



WATER Center Grand Opening

The grand opening of the WATER Center was a huge success—thanks to all those who attended. As part of the celebration, students from Colwich Elementary fourth grade participated in World Water Monitoring Day. Results of their testing can be seen at www.worldwatermonitoringday.org.

While the museum exhibits are still under construction, the WATER Center's exhibit hall will be open reduced hours: Tuesdays 10-12 and Fridays 3-5. To schedule a program or meeting, call 268-8351.



Maintaining Your Private Water Well

The following information will help you to maintain your water well in an appropriate manner, meeting City of Wichita ordinance requirements.

- ❖ The well "head", or top of the well, must be a minimum of 12 inches above ground. DON'T cut the casing off closer to the ground, and DON'T bring landscaping soil up around the casing to hide the well.

If you don't like the way the well looks in your yard, find a creative way of camouflaging, such as:

Plant iris or other tall flowers in a ring around it.

Place a decorative "wishing well" around it.

- ❖ If you have a cased well, be sure that the sanitary well seal on the top remains tight. This should be checked routinely.
- ❖ DO NOT allow termite treatment anywhere within 25 feet of the well (if the method of treatment is a subsurface pressurized injection of a termiticide chemical).

- ❖ Use caution when mowing or trimming around the well to prevent cracking, chipping, or breaking the casing.
- ❖ Any "PIT", such as a lawn sprinkler valve box or a pump pit must be located a minimum of 2 feet away from the well.
- ❖ Keep records on your well, including the company who installed it, the date of installation, and the Water Well record (FORM WWC-5) if you have one.
- ❖ Have your well tested for bacteria by the Health Department at least once a year if it is used for drinking purposes. Call the number listed below to request this service. There is a \$25.00 fee.

If you have questions or concerns, call the Health Department at 268-8351 and ask for Water Quality.

ACOs Recognized by Police Department

Four Animal Control Officers received certificates of appreciation from Police Chief Norman Williams for their participation in a recent joint enforcement effort in the Planeview area. In response to citizen concerns, Police and Animal Control staff targeted problem locations, issuing citations, impounding animals and initiating animal neglect cases.

In addition to enforcement actions at locations identified by community Police officers, Animal Control staff initiated numerous additional cases involving violations of the leash law, vaccination and licensure requirements, and animal care standards. Officers recognized were Andy Circle, Tony Koch, Manny Meraz, and Steve Shoop.

Child Care Licensure Team Attends Forums

A member of the Licensure team attended Governor Sebelius' Education Policy Public Forum on September 29, 2003. The vision of the education team is higher performance for all children. It was stated that the quality of the teacher could determine a child's outcome. If a child has an incompetent teacher for two years in a row they may never recover. It was also noted that Kansas has the lowest scholarship funding in the nation.

Two members of the team attended the Kansas Public Health Association Conference in Kansas City. Much emphasis was placed on obesity in children and adults, as well as Bio Terroism.

We are also working with the County Health Surveillance Team to discuss a coordinated plan of action for communicable disease outbreaks in Sedgwick County. There have been 34 cases of *Shigellosis* since January 2003 and only 22 cases for the entire year of 2002.

Two members of the team attended an Infant/Toddler conference. Emphasis was on the "Early Years-The Key to the Future".

The Governor has issued a proclamation to make October the SIDS awareness month. Kansas is one of 10 states in the nation that has the highest rate of SIDS.

Moderate Ozone Season

Ground-level ozone can lead to a variety of health problems including aggravating asthma, reduced lung capacity and susceptibility to other respiratory illness. Ground-level ozone also damages the leaves of trees and other plants. Ozone may also reduce crop and forest yields and increase the chance of disease, pests, and harsh weather.

The primary air quality standards for ozone are concentrations over either 8-hour (0.08) or 1-hour (0.12) durations. The EPA formulated a shorthand method to report air quality conditions called the Air Quality Index. Index values 0-50 indicate "Good" Air quality, 51-100 is "Moderate" and 101-150 is "Unhealthy" for sensitive groups. Over the past several years, the Wichita metro area has experienced a gradual increase of index values during ozone season.

That trend reversed in September 2003 (44) as compared with September 2002 (54). The index average for the entire season also declined from 53 in 2002 to 50 for 2003.

Kansas City was determined to be in violation of the 1-hour standard in the 70's and now also for the 8-hour standard. Consequently, they were required by the EPA to develop and implement a State Implementation Plan (SIP). The plan includes strategies that would be used to bring the area into compliance with the ozone standards.

It is difficult to predict that the lower index values for 2003 is the beginning of a moderate trend in ozone levels since several factors (climate, economic conditions, technology) can change from year to year. But any improvement assures Wichita that it will not experience the many problems that result from being in non-attainment.



THINK ABOUT IT-Let's All Be Good Ancestors

City employees have opportunities to make our community a better place to live and work. The next time a new project is in the planning stages, consider these important environmental factors in the project's design where possible:

- ✓ Reduce, reuse, and recycle waste
- ✓ Recover usable materials from waste
- ✓ Reduce chemical emissions
- ✓ Eliminate solvents use
- ✓ Reduce energy and fuel use
- ✓ Reduce transportation
- ✓ Reduce water use
- ✓ Reduce waste disposal costs
- ✓ Reduce sewage expenses
- ✓ Eliminate or reduce use of hazardous materials
- ✓ Do not specify equipment that contains the following materials if possible: mercury, asbestos, lead, or restricted-use refrigerant.

This year, the City of Wichita began implementing a comprehensive environmental management system (EMS) throughout City operations. An article in the October issue of Water Environment & Technology states that an EMS study was conducted at 83 facilities (some municipalities) that implemented EMS programs. The University of North Carolina-Chapel Hill evaluated these programs for the EPA. It was found that an EMS could improve a facility's environmental performance as well as operating and management efficiencies and regulatory compliance. Eighty-six percent of the facilities analyzed reported that they reaped benefits from their EMSs, including environmental improvement and monetary savings. See <http://www.mdems.cas.unc.edu>.

The following information is found in the study's executive summary, pages 22 and 23:

"Public-sector pilot facilities found their EMSs to be a useful tool for managing environmental issues, promoting compliance and pollution prevention approaches, increasing environmental awareness and stewardship, and improving operational control and efficiency." Overall benefits of EMS utilization in government facilities included better operational control in areas that impact the environment; better understanding of root causes of non-compliance; improved operational efficiency and cost savings; improved communication within the organization and with outside stake holders and contractor/vendors; and better relationships with regulators and stakeholders."

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We're on the Web!

See us at:

www.wichitaenvironment.org

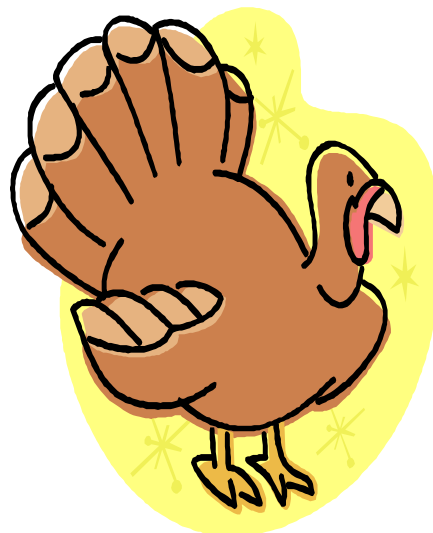


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A A I S F F B L M
W N D S M R E G N



The Neiman Marcus Chocolate Chip Cookie Recipe

There was an urban myth that Neiman Marcus once charged an unsuspecting customer \$250 for their chocolate chip cookie recipe. The story is untrue-they never charged anyone for a recipe-but the fact is that this is a GREAT recipe.

$\frac{1}{2}$ cup unsalted butter, softened
1 cup brown sugar
3 tablespoons granulated sugar
1 egg
2 teaspoons vanilla extract
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
 $1\frac{3}{4}$ cups flour
 $1\frac{1}{2}$ teaspoons instant espresso powder, slightly crushed
8 ounces semisweet chocolate chips

Directions

1. Cream the butter with the sugars until fluffy.
2. Beat in the egg and the vanilla extract.
3. Combine the dry ingredients and beat into the butter mixture. Stir in the chocolate chips.
4. Drop by large spoonfuls onto a greased cookie sheet. Bake at 375 degrees for 8 to 10 minutes, or 10 to 12 minutes for a crispier cookie. Makes 12 to 15 large cookies.